EVO XPLORE ELLIPTICAL TRAINER

MODEL NUMBER: **XPLORE**

evo
SMOOTH
by FITNESS
w w w . e v o f i t n e s s . c o m
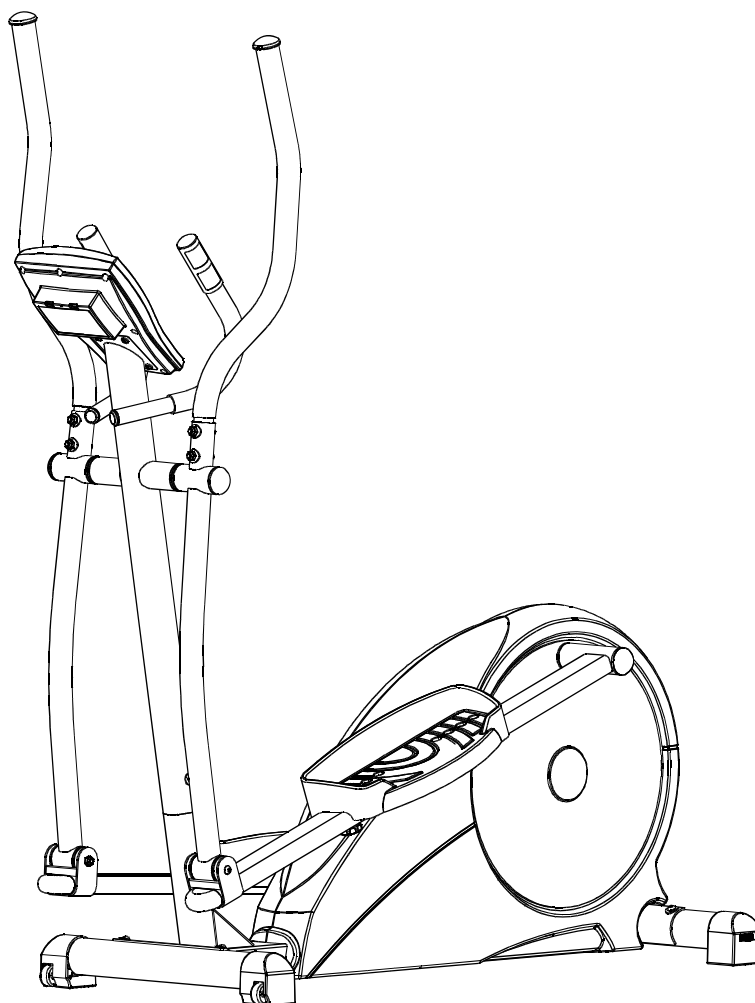
USER WEIGHT LIMITATION: **275lbs.**

TOLL FREE CUSTOMER SERVICE NUMBER: **1.888.800.1167**

SERIAL NUMBER (found on frame):

PREASSEMBLY

For future service or related questions:

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your EVO Fitness Elliptical Trainer.

Name: _____ Phone Number: _____ Receipt: _____

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local EVO dealer or contact us directly at 888-800-1167.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. **If you weigh more than 275lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

HARDWARE COMPARISON CHART

Hardware chart:

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.

NO.	DESCRIPTION	QTY.
44	M8 Nylon Nut	4
45	Curved Washer	4
50	M8 x 48mm Carriage Bolt	4
63	Nut Cover 38mm	2
66	M10 x 88mm Carriage Bolt	2
70	M8 x 22mm Allen Head Bolt	4
84	Spring Washer	4
85	M10 x 20mm Washer	2
86	M8 x 16mm Washer	4
87	Nut Cover 13mm	4
88	M10 Nylon Nut	2
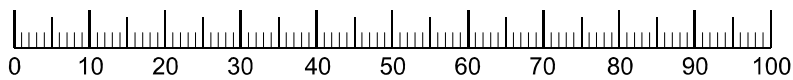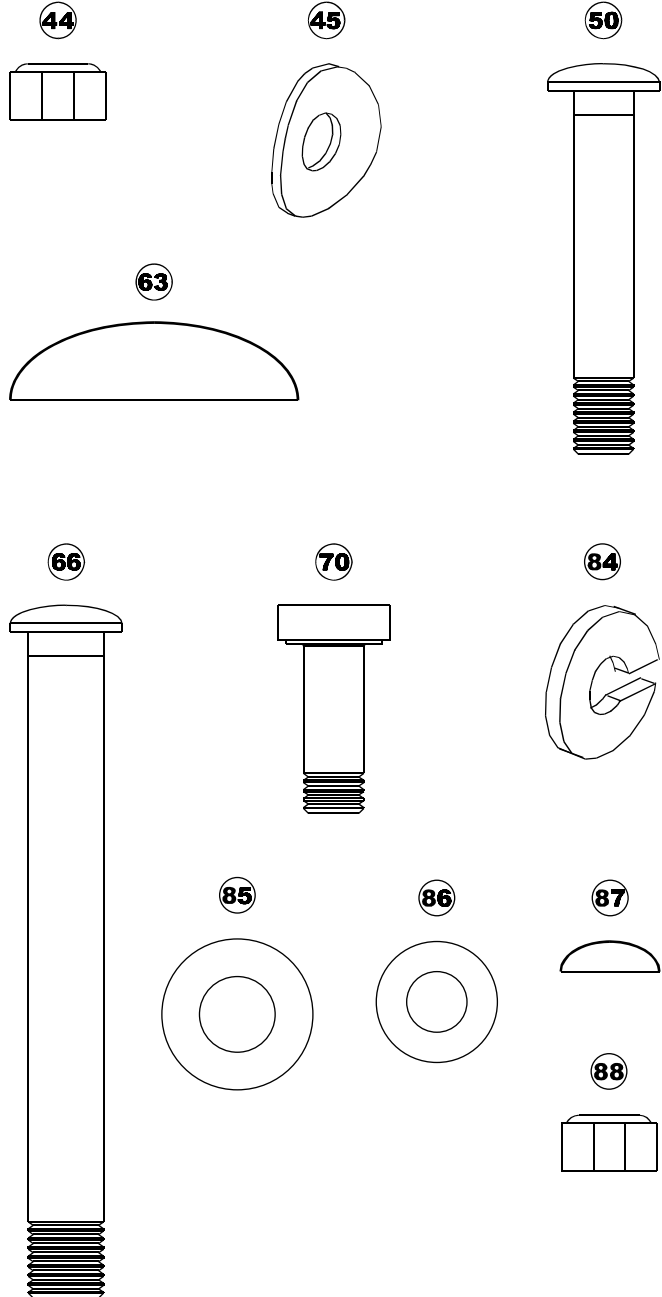
MILLIMETERS

PARTS LIST

No.	Description	Qty.	Order No.	No.	Description	Qty.	Order No.
1	M10 Nut	2	XPLORE-01	30	Crank Disk	2	XPLORE-30
2	M6 x 8mm Screw	4	XPLORE-02	31	Crank Frame	2	XPLORE-31
3	Flywheel Axle Holder	2	XPLORE-03	32	#8 x 15mm Screw	8	XPLORE-32
4	Jockey Wheel Bracket	1	XPLORE-04	33	C - Holder Buckle	2	XPLORE-33
5	Washer	1	XPLORE-05	34	Bearing (6004zz)	2	XPLORE-34
6	E - Holder Buckle	1	XPLORE-06	35	Crank Shaft	1	XPLORE-35
7	Flywheel Axle	1	XPLORE-07	36	Dual Action Cap	2	XPLORE-36
8	Bearing (6000zz)	2	XPLORE-08	37	Rubber Grip	2	XPLORE-37
9	Small Belt Pulley	1	XPLORE-09	38	Left Dual Action Handle	1	XPLORE-38
10	M8 x 15 CAP Screw	4	XPLORE-10	39	Right Dual Action Handle	1	XPLORE-39
11	Spring Washer	4	XPLORE-11	40	Computer	1	XPLORE-40
12	Aluminum Disk	1	XPLORE-12	41	Fixed Handle Rubber Grip	2	XPLORE-41
13	Flywheel	1	XPLORE-13	42	Hand Pulse Sensor	2	XPLORE-42
14	M10 x 16mm Washer	1	XPLORE-14	43	M6 x 15mm Screw	4	XPLORE-43
15	M8 Nut	1	XPLORE-15	44	M8 Nylon Nut	4	XPLORE-44
16	M6 x 15mm Screw	2	XPLORE-16	45	Curved Washer	8	XPLORE-45
17	Bearing (6300zz)	2	XPLORE-17	46	Nut Cover - 50mm	2	XPLORE-46
18	M6 x 12mm Screw	1	XPLORE-18	47	M8 x 15mm Hex Head Screw	4	XPLORE-47
19	Jockey Wheel Spring	1	XPLORE-19	48	M8 x 30mm Washer	2	XPLORE-48
20	Magnet Bracket Spring	1	XPLORE-20	49	Bushing - 50mm	6	XPLORE-49
21	M10 x 22mm Washer	2	XPLORE-21	50	M8 x 48mm Carriage Bolt	4	XPLORE-50
22	Spring	1	XPLORE-22	51	Left Dual Action Arm	1	XPLORE-51
23	Magnet Bracket Shaft	1	XPLORE-23	52	Upright Support	1	XPLORE-52
24	Magnet Bracket	1	XPLORE-24	53	Right Dual Action Arm	1	XPLORE-53
25	#3 x 8mm Screw	2	XPLORE-25	54	Bushing - 38mm	4	XPLORE-54
26	Speed Box	1	XPLORE-26	55	Action Arm Shaft	2	XPLORE-55
27	Main Frame	1	XPLORE-27	56	M8 x 32mm Washer	2	XPLORE-56
28	Belt	1	XPLORE-28	57	Bushing - 32mm	4	XPLORE-57
29	Crank Disk Insert	2	XPLORE-29	58	M8 x 60mm Carriage Bolt	4	XPLORE-58

PARTS LIST

| No.	Description	Qty.	Order No.
59	Left Foot Pedal	1	XPLORE-59
60	Left Foot Pedal Tube	1	XPLORE-60
61	M6 x 13mm Washer	4	XPLORE-61
62	Foot Pedal Knob	4	XPLORE-62
63	Nut Cover - 38mm	2	XPLORE-63
64	#8 x 15mm Screw	8	XPLORE-64
65	Safety Spacer	2	XPLORE-65
66	M10 x 88mm Carriage Bolt	2	XPLORE-66
67	Oval Head Plug	2	XPLORE-67
68	Right Cover	1	XPLORE-68
69	Left Cover	1	XPLORE-69
70	M8 x 22mm Allen Head Bolt	8	XPLORE-70
71	Rear Cap w/ Height Adjustment	2	XPLORE-71
72	Rear Stabilizer	1	XPLORE-72
73	Front Foot Cap with Wheel (L)	1	XPLORE-73
74	Front Stabilizer	1	XPLORE-74
75	Front Foot Cap with Wheel (R)	1	XPLORE-75
76	Gear Box	1	XPLORE-76
77	Right Foot Pedal Tube	1	XPLORE-77
78	Right Foot Pedal	1	XPLORE-78
79	Nut Cover - 32mm	2	XPLORE-79
80	Adaptor	1	XPLORE-80
81	Upper Computer Wire	1	XPLORE-81
82	Lower Computer Wire	1	XPLORE-82
83	Hand Pulse Sensor Wire	2	XPLORE-83
84	Spring Washer	8	XPLORE-84
85	M10 x 20mm Washer	2	XPLORE-85
86	M8 x 16mm Washer	4	XPLORE-86
87	Nut Cover – 13mm	4	XPLORE-87
88	M10 Nylon Nut	2	XPLORE-88

PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.
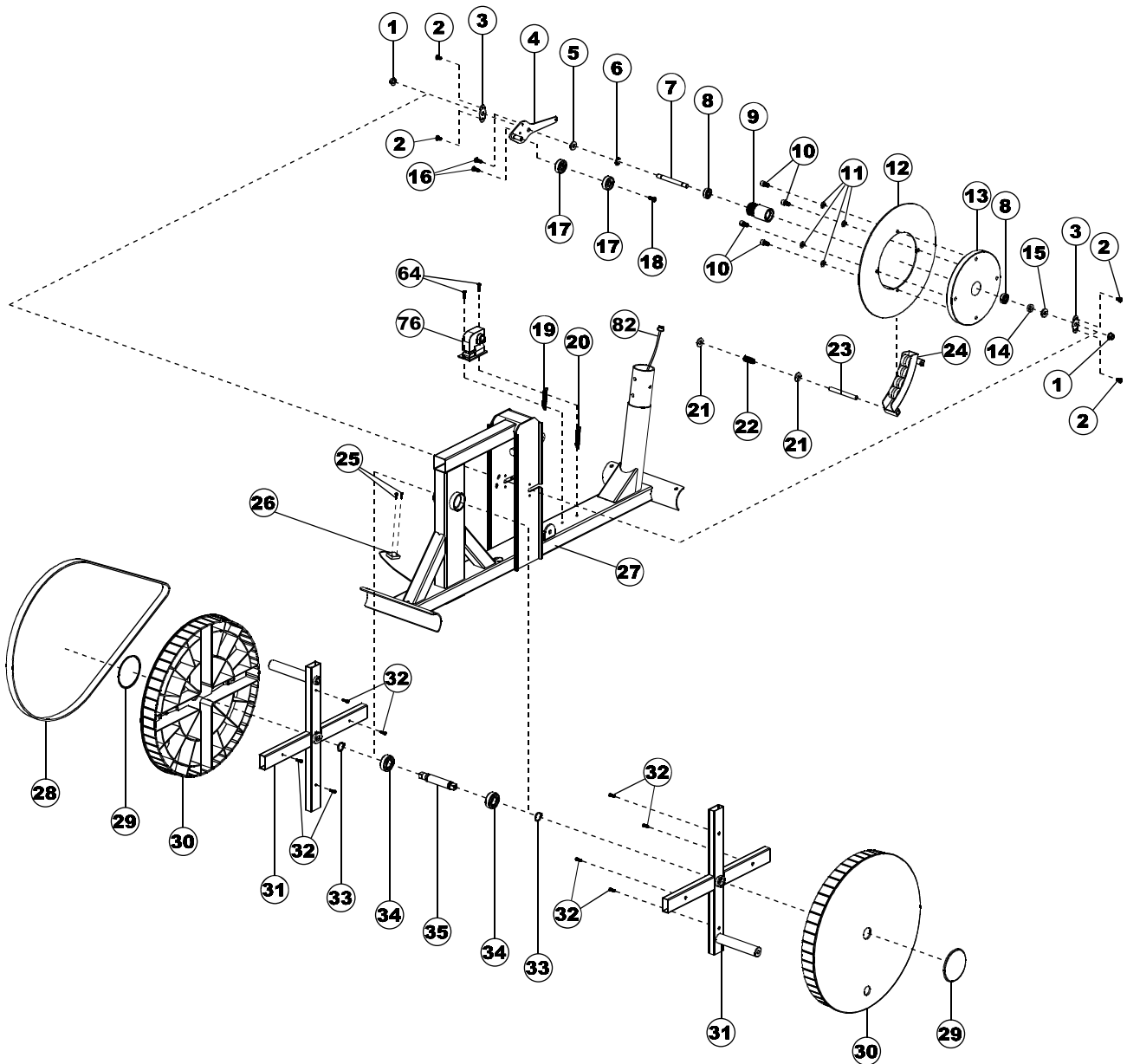
PARTS DIAGRAM

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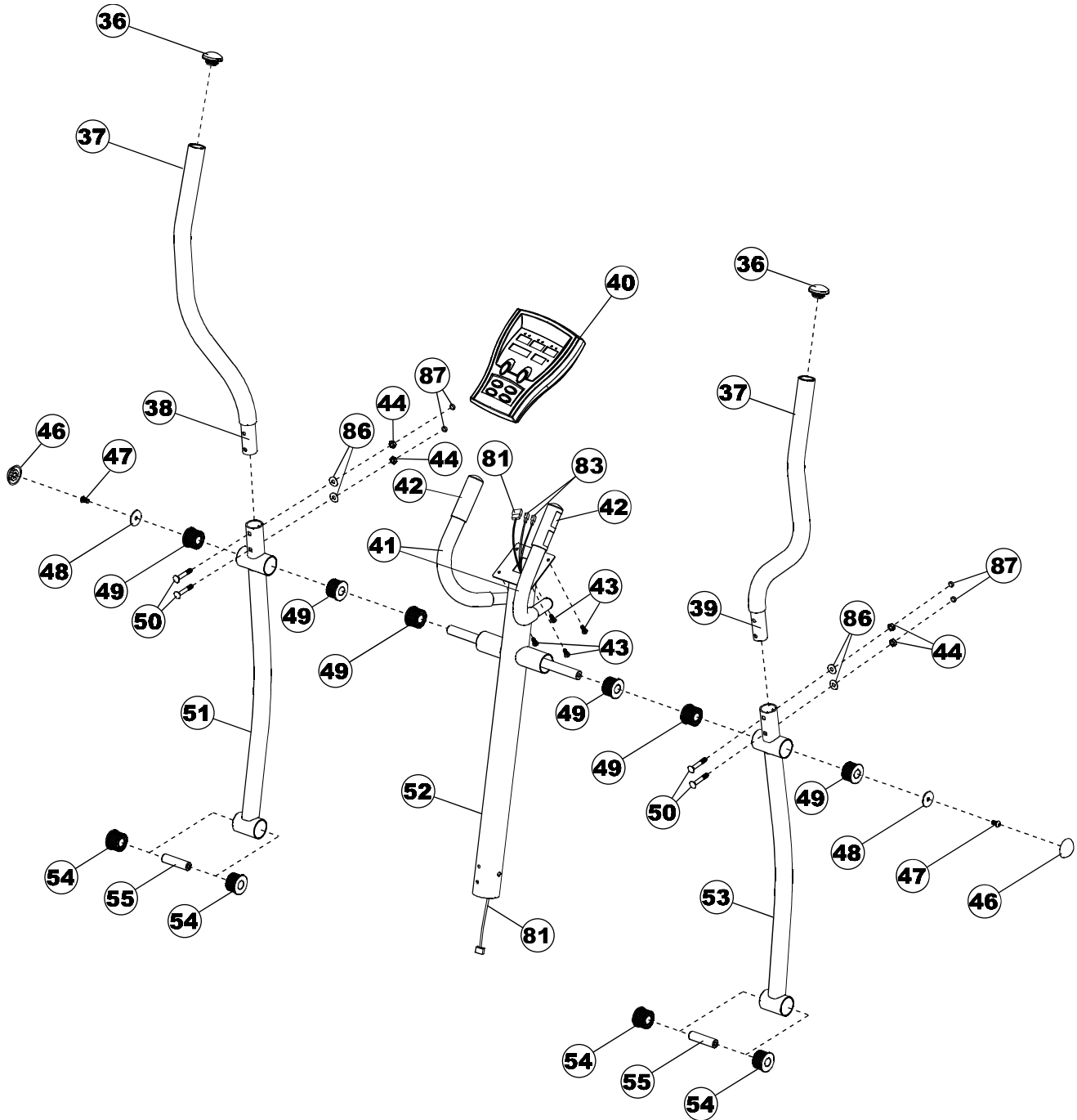
PARTS DIAGRAM

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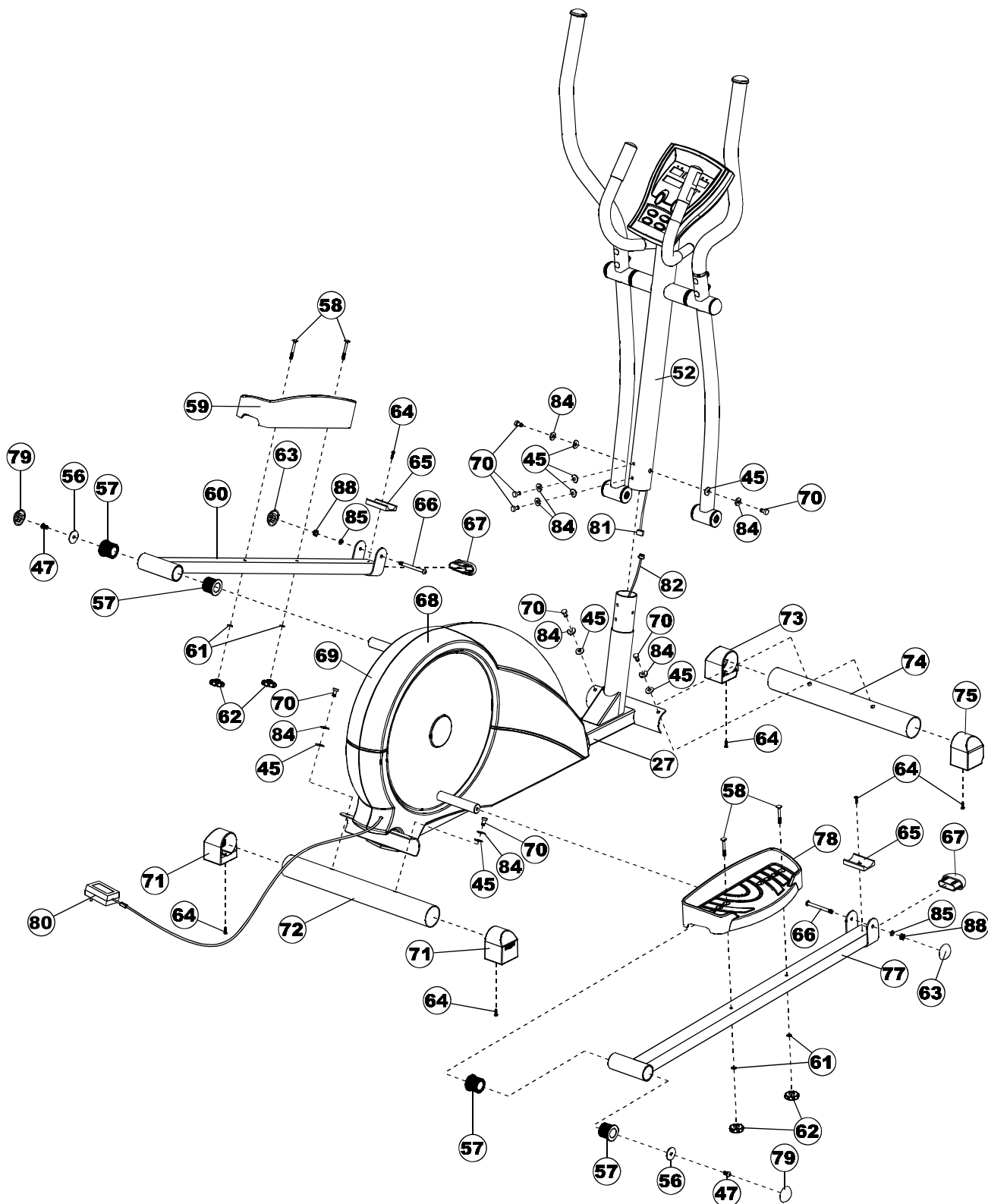
ASSEMBLY

STEP 1:

Attach the Front and Rear Stabilizers (74 and 72) to the Main Frame (27) using four M8 x 22mm Allen Head Bolts (70), Spring Washers (84) and Curved Washers (45) as shown. Make sure the screws are tightly fastened.
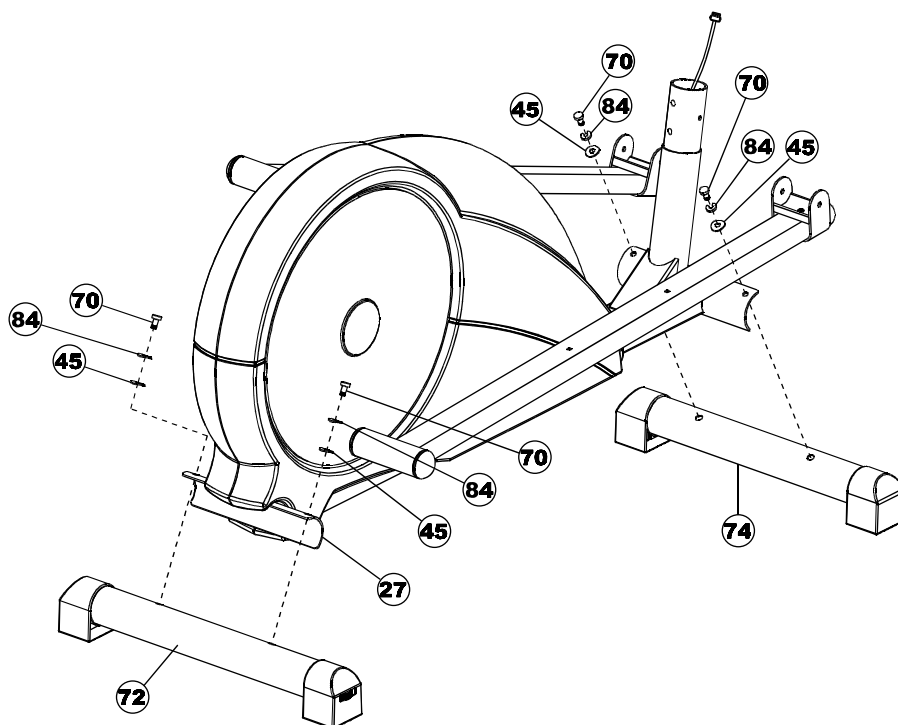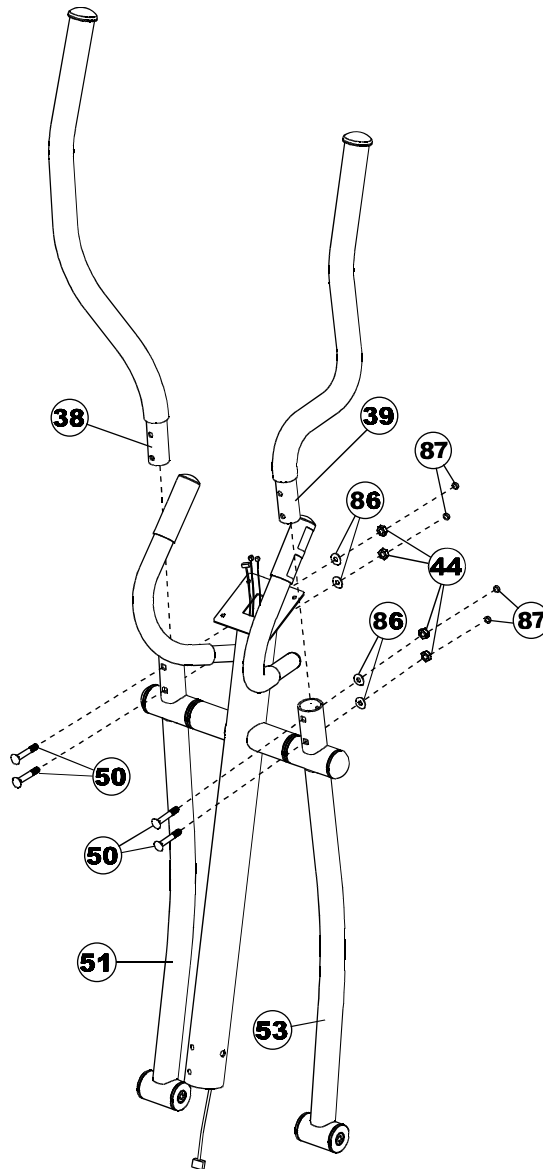
ASSEMBLY

STEP 2:

Attach the Right Foot Pedal (78) onto the Right Foot Pedal Tube (77) using two M8 x 60mm Carriage Bolts (58), M6 x 13mm Washers (61) and Foot Pedal Knobs (62) as shown. Repeat this procedure to attach the Left Foot Pedal (59) to the Left Foot Pedal Tube (60). The pedal position is adjustable and can be changed after the unit is fully assembled.
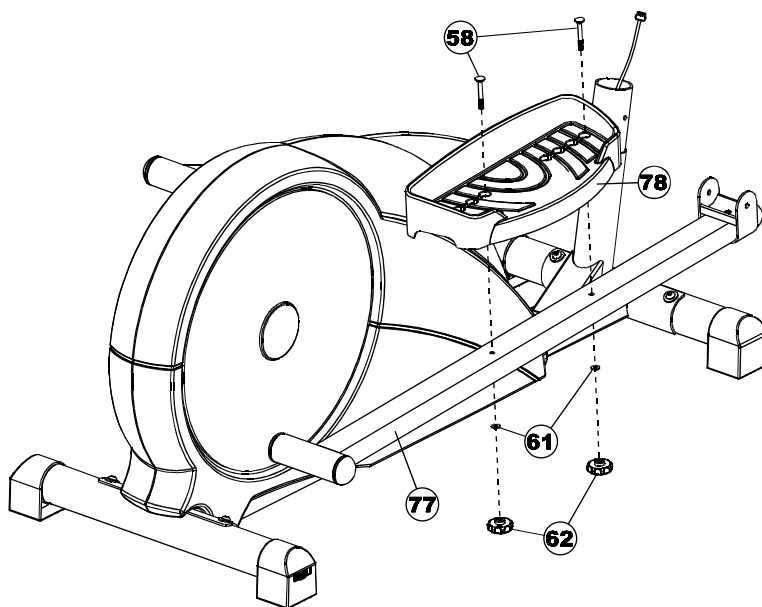
ASSEMBLY

STEP 3:

Attach the Right Dual Action Handle (39) to the Right Dual Action Arm (53) using two M8 x 48mm Carriage Bolts (50), M8 x 16mm Washers (86), M8 Nylon Nuts (44) and 13mm Nut Covers (87) as shown. Repeat this procedure to attach the Left Dual Action Handle (38) to the Left Dual Action Arm (51).
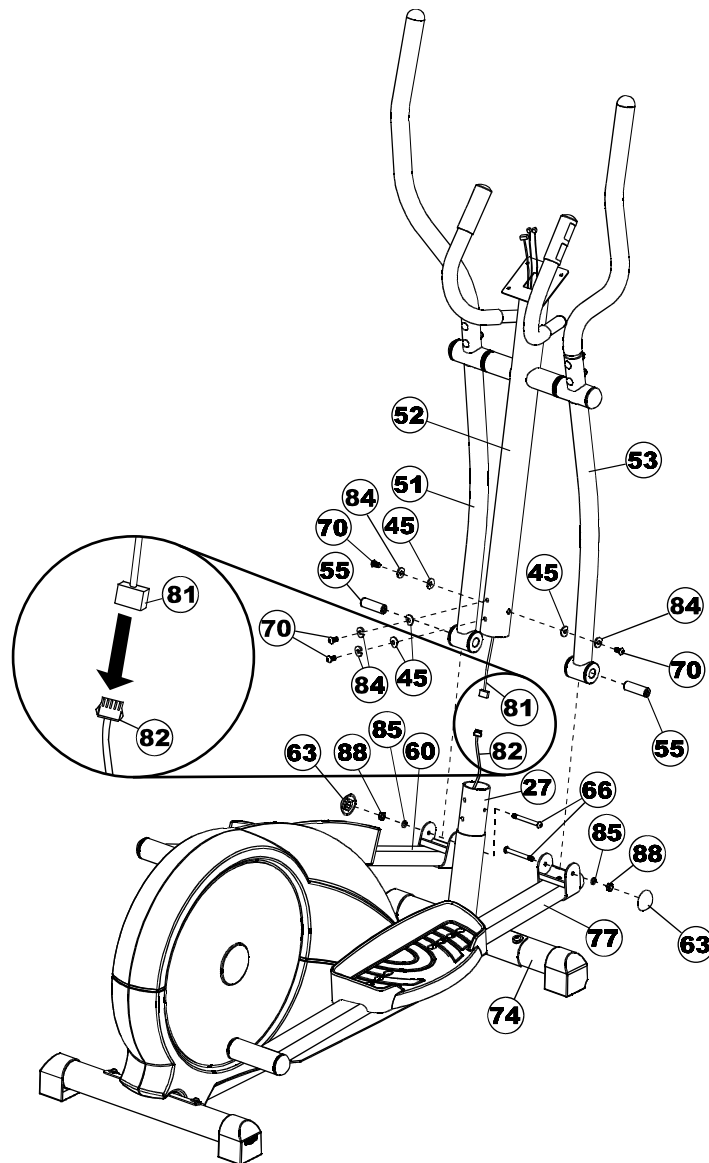
ASSEMBLY

STEP 4:

NOTE: Before attaching the Upright Post Assembly plug the Upper Computer Wire (81) into the Lower Computer Wire (82) as shown.

Attach upright post assembly. Insert the Upright Support (52) into the Main Frame (27). Insert and slightly tighten the four M8 x 22mm Allen Head Bolts (70), Spring Washers (84) and Curved Washers (45). Align the Upright Support (52) so that the crossbar is parallel with the Front Stabilizer (74) then fully tighten the M8 x 22mm Allen Head Bolts (70).

Insert one Action Arm Shaft (55) into the Right Dual Action Arm (53) as shown. Attach the Right Dual Action Arm (53) to the Right Foot Pedal Tube (77) using one M10 x 88mm Carriage Bolt (66), M10 x 20mm Washer (85) and M8 Nylon Nut (44). Do not over tighten the nut, as this joint needs to pivot freely. Insert one 38mm Nut Cover (63) over the M8 Nylon Nut (44). Repeat this procedure to attach the Left Dual Action Arm (51) to the Left Foot Pedal Tube (60).

ASSEMBLY

STEP 5:

Connect the Upper Computer Wires (81) and Hand Pulse Sensor Wires (83) as shown. Insert excess cable into the hole in the mounting plate. Make sure the cables remain undamaged. Attach the Computer (40) to the mounting plate on the Upright Support (52) using four M6 x 15mm Screws (43) as shown.
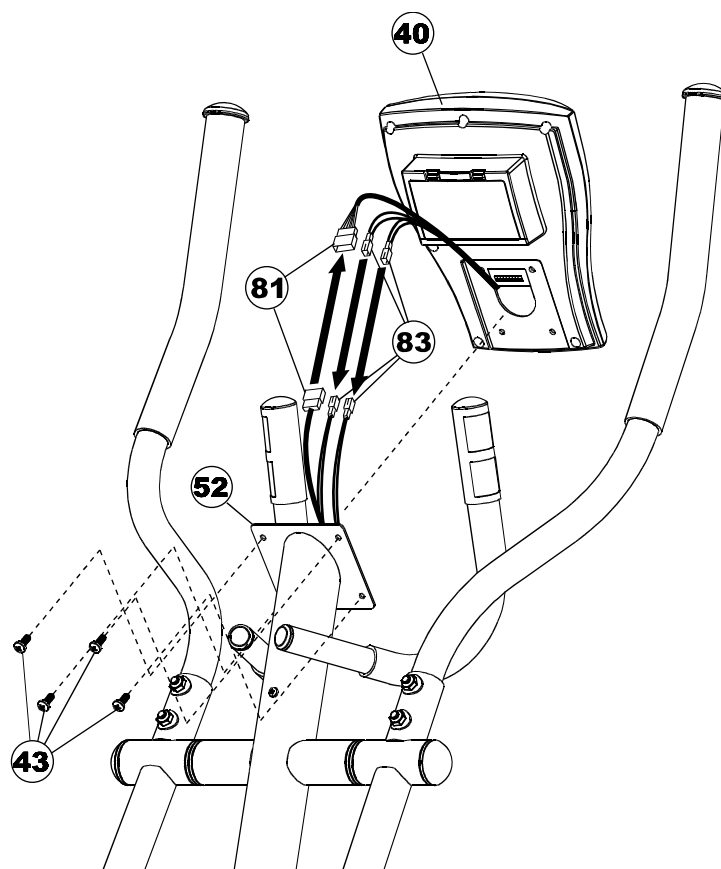
LEVEL AND PEDAL ADJUSTMENT

LEVEL ADJUSTMENT:

To adjust the levelers so the rear stabilizer is level to the floor, simply turn the adjustment knobs on the ends of the rear foot caps.
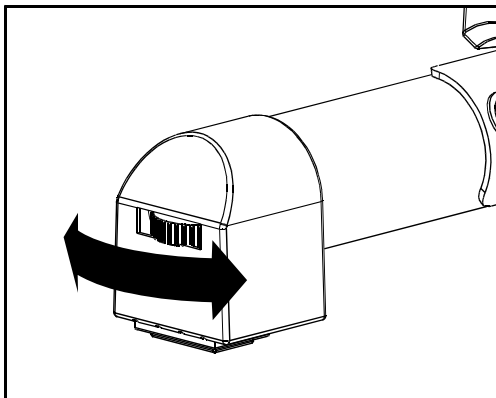
PEDAL ADJUSTMENT:

To adjust the pedals, simply remove the two knobs under the pedal and lift the pedal up off of the pedal rail. Place the pedal in the desired location and secure in place by reattaching the knobs.
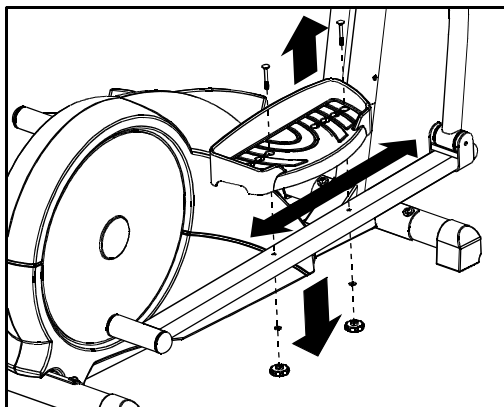
TRANSPORT INSTRUCTIONS

TRANSPORT INSTRUCTIONS:

The transportation wheels on the front foot caps allow for easy maneuvering. Simply pull back on the fixed handlebars until the wheels touch the floor. Then roll the unit to a desired location.

COMPUTER INSTRUCTIONS

F

Distance   Watts   English   Metric   Calories Resistance

DISTANCE/WATTS   SPEED   CALORIES/RESISTANCE

E

G

TIME   HEART RATE/LEVEL

D

Heart
Rate/
Level

H

XPLORE
www.evofitness.com

C

I

B   RESET   ENTER   J

A   START   STOP   K
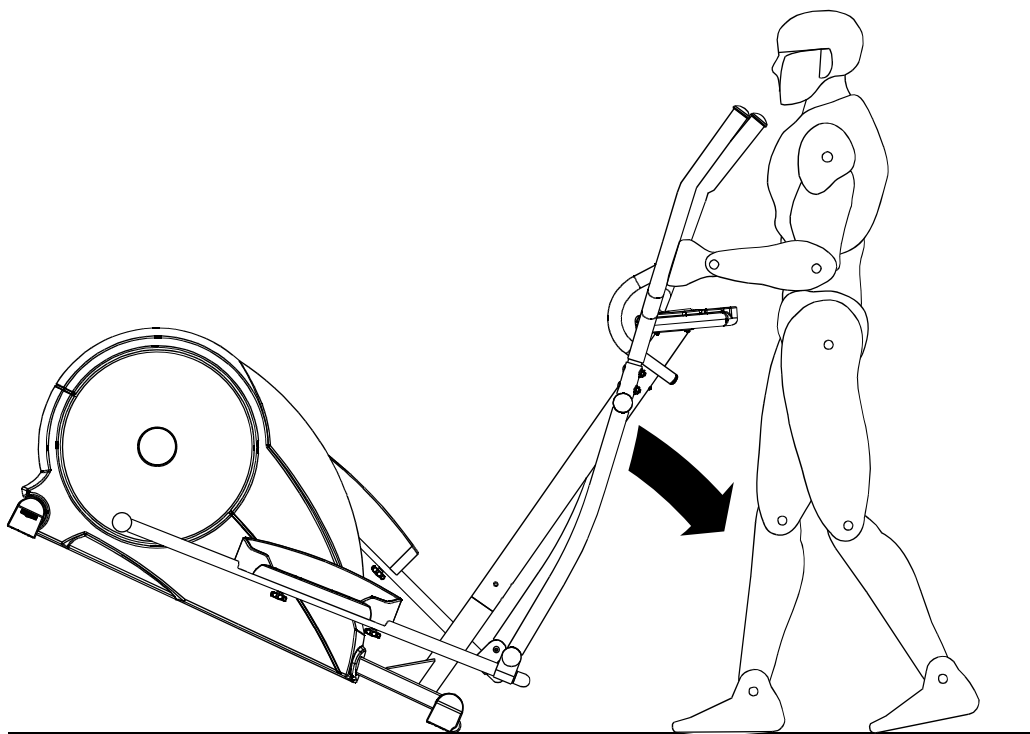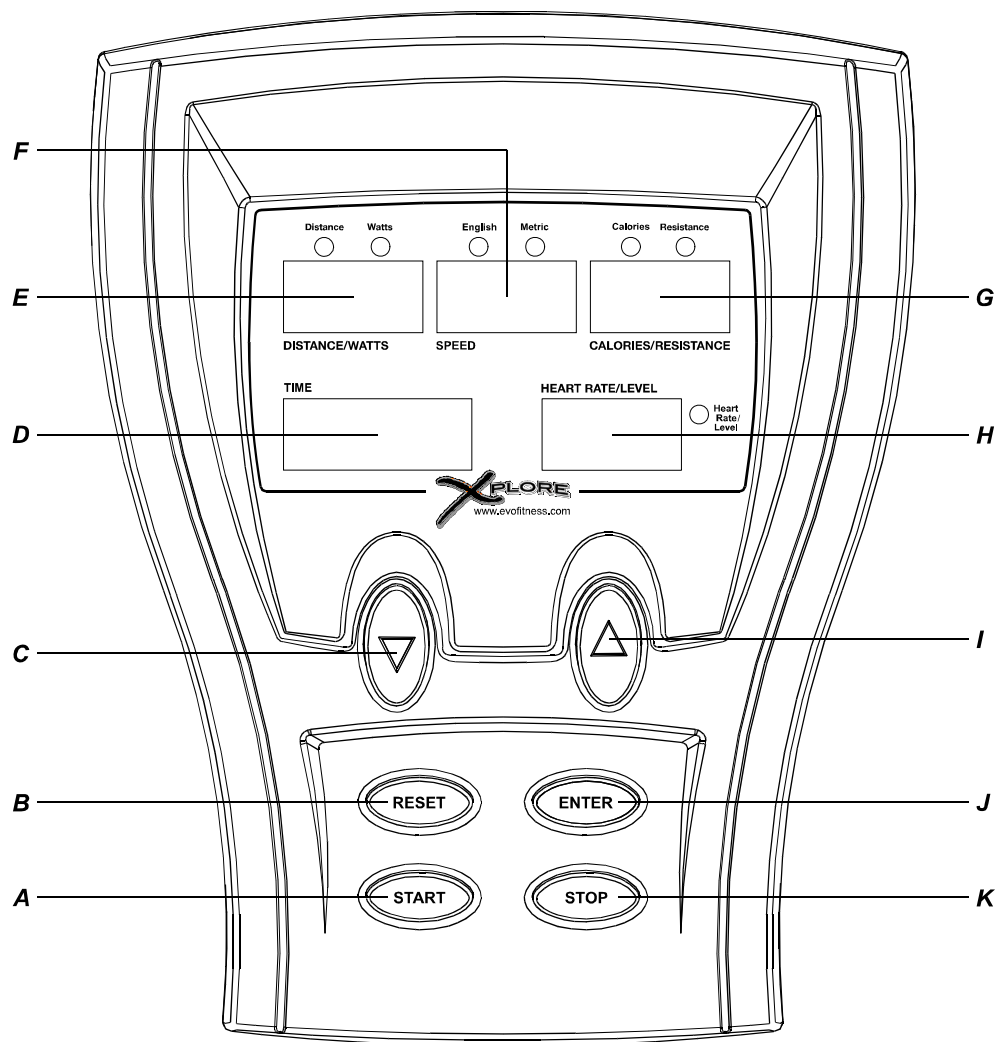
START Button	A		B	RESET Button
DOWN Button	C		D	TIME Window
DISTANCE/WATTS Window	E		F	SPEED Window
CALORIES/RESISTANCE Window	G		H	HEAR RATE/LEVEL Window
UP Button	I		J	ENTER Button
STOP Button	K			

COMPUTER INSTRUCTIONS

FUNCTIONS AND BUTTONS

RESET: Press and hold to reset all the functions and return to User Set Up mode

STOP: Press STOP to pause the functions during your exercise program. All the data on the display will freeze. Press START to resume the program and all the data displayed will continue until the program has finished.

SPEED: Displays current exercise speed.

LEVEL: Displays the current level of intensity of your exercise program.

CALORIES:
Count Up: This measures total calories burned during exercise.
Count Down: If you have set the number of calories, the computer will count down from that preset number down to zero. This data is a guide and should not be used for medical assessment. Please note when setting a target this is in blocks of 10 from 0 to 990.

RESISTANCE: Displays the current resistance level from 1 to 16.

DISTANCE:
Count Up: This measures the total distance from 0 to 99.5ML/KM.
Count Down: If you have set the target distance, the computer will count down from that preset distance down to zero as soon as you start exercising.

WATT: This displays your current wattage output. Watts are displayed from 110W to 350W.
Please Note: Do not set below 110Watts.

TIME:
Count Up: The computer measures total exercise time from 16:00 up to 99:00.
Count Down: If you have set the target time, the computer will count down from that preset time down to 0:00.

HEART RATE: This displays your current Heart Rate. You will need to be wearing the chest strap in order for this to be displayed. Heart Rate displays from 77 to 240 beats per minute.

START: Press START to begin your exercise.

ENTER: Press ENTER to confirm the setting of program.

QUICK START:
When the elliptical is in the POWER ON status, press the START button to activate the QUICK START program. The TIME, DISTANCE and CALORIES will count up when you start exercising.

PROGRAM:
To select one of the User Programs, you will need to select the USER CODE first. Press the UP/DOWN button to select the USER CODE from U1 to U9. This is shown in the SPEED display. Press the ENTER button to confirm the user code. If the user information has been previously input, press ENTER and hold for 5 seconds, the computer will then skip the user information set up procedure and enter the program select procedure. To input new information please follow the procedure below.

WEIGHT set up – After the User Code has been confirmed the TIME display will show 150lbs/68kg or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user weight information. Then press ENTER to confirm.

HEIGHT set up – After the WEIGHT has been confirmed the DISTANCE/WATTS display will show 67in/170cm or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user height information. Then press ENTER to confirm.

AGE set up – After the HEIGHT has been confirmed the CALORIES display will show 35 or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user age information. Then press ENTER to confirm.

COMPUTER INSTRUCTIONS

TARGET HEART RATE set up – After the AGE has been confirmed, the HEART RATE/LEVEL display will show 157 beats per minute (bpm) or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user maximum target workout heart rate information. Then press ENTER to confirm.

P1 TO P8 PROGRAMS SELECTING PROCEDURE

After setting the target heart rate press ENTER to confirm. The SPEED display will show P1 flashing. Press the UP/DOWN button, to scroll through P1 to P8, press ENTER to confirm the program.

P1 - TARGET TIME
After you have selected P1 TARGET TIME, the TIME display will show the time setting of 16:00 minutes. Press the UP button to adjust target time then press ENTER to confirm. Press START to begin the exercise program.
To increase or decrease the resistance while exercising, press the UP/DOWN button.
To pause the program while exercising, press the STOP button.
To resume exercising, press the START button.
If the RESET button is pressed after pausing the program, the computer returns to Power on Status. To return to the program mode press and hold the ENTER button.

P2 - TARGET DISTANCE
After you have selected P2 TARGET DISTANCE, the DISTANCE display will show the distance setting of 0.0ML/KM. Press the UP/DOWN button to adjust target distance then press ENTER to confirm. Press START to begin the exercise program.
To increase or decrease the resistance while exercising, press the UP/DOWN button.
To pause the program while exercising, press the STOP button.
To resume exercising, press the START button.
If the RESET button is pressed after pausing the program, the computer returns to Power on Status. To return to the program mode press and hold the ENTER button.

P3 - TARGET CALORIES
After you have selected P3 TARGET CALORIES, the CALORIES display will show the calories setting 0. Press the UP/DOWN button to adjust target calories then press ENTER to confirm. Press START to begin the exercise program.
To increase or decrease the resistance while exercising, press the UP/DOWN button.
To pause the program while exercising, press the STOP button.
To resume exercising, press the START button.
If the RESET button is pressed after pausing the program, the computer returns to Power on Status. To return to the program mode press and hold the ENTER button.

P4 - RANDOM
After you have selected P4 RANDOM, the TIME display will show the workout time setting of 16:00 minutes. Press the UP/DOWN button to adjust workout time then press ENTER to confirm. Press START to begin the exercise program.
The RANDOM program has 50 different RESISTANCE based programs. If while exercising, you find the level of RESISTANCE too intense you can press the UP/DOWN button to decrease the resistance.
To pause the program while exercising, press the STOP button.
To resume exercising, press the START button.
If the RESET button is pressed after pausing the program, the computer returns to Power on Status. To return to the program mode press and hold the ENTER button.

P5 - FAT BURNING
After you have selected P5 FAT BURNING, the TIME display will show the workout time setting of 16:00 minutes. Press the UP/DOWN button to adjust workout time then press ENTER to confirm. Press START to begin the exercise program.
The aim of a FAT BURNING program is to exercise for a longer period of time at a reduced level of intensity. This will allow you to burn more calories than if you were using a program that has higher levels of resistance over a shorter period of time.
Please Note: On this particular program once the highest level of resistance is set, the resistance cannot be decreased while exercising.
To decrease the resistance you will need to stop the program and start again.
To pause the program while exercising, press the STOP button.
To resume exercising, press the START button.
If the RESET button is pressed after pausing the program, the computer returns to Power on Status. To return to the program mode press and hold the ENTER button.

COMPUTER INSTRUCTIONS

Fat Burning Profile: (One complete cycle lasts 16 minutes, two cycles last 32 minutes and so on.)

Resistance															
1	3	7	9	9	9	9	9	9	9	9	9	9	7	3	1

P6 - INTERVAL

After you have selected P6 INTERVAL, the TIME display will show the workout time setting of 16:00 minutes. Press the UP/DOWN button to adjust workout time then press ENTER to confirm. Press START to begin the exercise program.

The aim of an INTERVAL program is to exercise at levels of LOW and HIGH intensity for short periods of time. There is one profile with 8 different levels of Intensity. The resistance will be changed automatically while exercising, according to the following profile.

To increase or decrease the resistance while exercising, press the UP/DOWN button.

To pause the program while exercising, press the STOP button.

To resume exercising, press the START button.

If the RESET button is pressed after pausing the program, the computer returns to Power on Status. To return to the program mode press and hold the ENTER button.

Interval Profile: (One complete cycle lasts 16 minutes, two cycles last 32 minutes and so on.)

Levels	Resistance															
1	1	9	9	1	1	9	9	1	1	9	9	1	1	9	9	1
2	2	10	10	2	2	10	10	2	2	10	10	2	2	10	10	2
3	3	11	11	3	3	11	11	3	3	11	11	3	3	11	11	3
4	4	12	12	4	4	12	12	4	4	12	12	4	4	12	12	4
5	5	13	13	5	5	13	13	5	5	13	13	5	5	13	13	5
6	6	14	14	6	6	14	14	6	6	14	14	6	6	14	14	6
7	7	15	15	7	7	15	15	7	7	15	15	7	7	15	15	7
8	8	16	16	8	8	16	16	8	8	16	16	8	8	16	16	8

P7 - ENDURANCE

After you have selected P7 ENDURANCE, the TIME display will show the workout time of setting 16:00 minutes. Press the UP/DOWN button to adjust workout time then press ENTER to confirm. Press START to begin the exercise.

The aim of an ENDURANCE program is to start at a low level of resistance and then at ever increasing higher levels of resistance in order that the body exercises at higher levels of intensity. The profile ends with a lower level of intensity to reduce the heart rate. There is one profile with 8 levels of intensity. The resistance will be changed automatically while exercising, according to the following profile.

To increase or decrease the resistance while exercising, press the UP/DOWN button.

To pause the program while exercising, press the STOP button.

To resume exercising, press the START button.

If the RESET button is pressed after pausing the program, the computer returns to Power on Status. To return to the program mode press and hold the ENTER button

COMPUTER INSTRUCTIONS

Endurance Profile: (One complete cycle lasts 16 minutes, two cycles last 32 minutes and so on.)

Levels	Resistance															
1	1	1	3	3	4	4	5	5	6	6	7	7	9	9	1	1
2	2	2	4	4	5	5	6	6	7	7	8	8	10	10	2	2
3	3	3	5	5	6	6	7	7	8	8	9	9	11	11	3	3
4	4	4	6	6	7	7	8	8	9	9	10	10	12	12	4	4
5	5	5	7	7	8	8	9	9	10	10	11	11	13	13	5	5
6	6	6	8	8	9	9	10	10	11	11	12	12	14	14	6	6
7	7	7	9	9	10	10	11	11	12	12	13	13	15	15	7	7
8	8	8	10	10	11	11	12	12	13	13	14	14	16	16	8	8

P8 - WATT CONTROL
After you have selected the P8 WATT CONTROL program, the WATT display will show the default workout watt setting 110W. Press the UP/DOWN button to adjust workout watts then press ENTER to confirm. Then the TIME display will show the default workout time setting 16:00 minutes. Press the UP/DOWN button to adjust workout time then press ENTER to confirm. Press START to begin the exercise program. The resistance will be changed automatically while exercising. The program will change the resistance automatically to match the user watts setting.
To increase or decrease the resistance while exercising, press the UP/DOWN button.
To pause the program while exercising, press the STOP button.
To resume exercising, press the START button.
If the RESET button is pressed after pausing the program, the computer returns to Power on Status. To return to the program mode press and hold the ENTER button.

P9 - TARGET HEART RATE
After you have selected P9 TARGET HEARTRATE, the TIME display will show the workout time setting 16:00 minutes. Press the UP/DOWN button to adjust workout time then press ENTER to confirm. Press START to begin the exercise program.
To increase or decrease the resistance whilst exercising, press the UP/DOWN button.
To pause the program whilst exercising, press the STOP button. To resume exercising, press the START button.
If the RESET button is pressed after pausing the program, the computer returns to Power on Status. To return to the program mode press and hold the ENTER button.

WARM UP – TARGET HEART RATE
After completing the TIME set up and starting the program, there is a 3-minute WARM UP program to help you reach the minimum target workout heart rate. The resistance will start from 1. If the actual pulse rate does not reach the minimum target workout heart rate, the resistance will increase one level every 15 seconds. The computer will detect user heart rate per 15 seconds. When the computer detects the actual pulse rate has reached the minimum target workout heart rate, the resistance will stop increasing and continue at the same resistance until the 3 minute warm up is complete and then go into the HEART RATE CONTROL main program.
If you cannot reach the minimum target workout heart rate in 3 minutes, the program will continue the second 3-minute WARM UP program. If during the second WARM UP the user still cannot reach the minimum target workout heart rate, the computer will continue on to the third WARM UP procedure for 3 minutes. If the third WARM UP program still cannot bring up the actual pulse rate to the minimum target workout heart rate, the program will stop and TIME display will show FAIL.

COMPUTER INSTRUCTIONS

HEART RATE CONTROL MAIN PROGRAM
After the actual pulse rate reaches the minimum target workout heart rate and completes the warm up program, the computer will go into the main program and the time will count down from the pre-set time. During the main program, the computer will detect the user heart rate per 30 seconds. If the actual pulse rate cannot reach the maximum target workout heart rate, the resistance level will be increased by 1 level every 30 seconds until the pulse rate reaches the maximum target workout heart rate or the resistance level will increase by 16 levels. If the actual pulse is higher than the maximum target workout heart rate, then the resistance will be reduced 1 level every 30 seconds until the actual heart rate meets the maximum target workout heart rate. If the actual pulse is higher than the maximum target heart rate over 3 minutes, the computer would stop the HEART RATE CONTROL program then begin the COOL DOWN function.

COOL DOWN – TARGET HEART RATE
After completing the HEART RATE CONTROL program and the time counts down to zero, start the one-minute Cool Down program. The TIME display will show 'COOL' and start blinking. The resistance will return to level 1 as the time counts down from 1:00.

ENGLISH TO METRIC CONVERSION
The computer display can show both ENGLISH and METRIC information. If you want to change from ENGLISH to METRIC, please follow the procedure below.
When the computer is in the power on status, press and hold the ENTER and STOP buttons. The LED on the computer will light up either ENGLISH or METRIC. Press the UP or DOWN buttons to switch between ENGLISH/METRIC then press the ENTER button to confirm the selection and return to POWER ON status.

WARRANTY

Warranty Coverage: Smooth Fitness, Inc. ("Smooth Fitness") warrants to the original purchaser that each new product to be free from defects in workmanship and material, under normal use and conditions.

Period of Coverage: The Warranty on this product runs from the date of your purchase for a period of ONE (1) year on all parts and labor. Smooth Fitness reserves the right to inspect damaged parts for misuse.

It is recommended that the Original Receipt be kept with the product manual.

Remedy Provided by Smooth Fitness: Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. You must pay any charges for shipping and handling outside of the Continental United States and for labor. To obtain service call your local Smooth Retailer.

Any redemption may be by repair or replacement of the affected parts and/or product at the sole discretion of Smooth Fitness, by personnel approved by Smooth Fitness. If repairs are required, the unit will be repaired at the location of use or by return to the factory as deemed appropriate by Smooth Fitness.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

Procedure for Obtaining Your Remedy Under This Warranty: To obtain service call your local Smooth Retailer. To help them assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

Limitations on Warranty: This Warranty will only apply to the original end user. This Warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility.

This Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside of the United States or Canada. This Warranty does not apply if the product is used for rental or commercial use. Consequential and incidental damages are not recoverable under this Warranty. (Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.)

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE EFFECTIVE DATE OF THIS WARRANTY. SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

For assistance with assembly or to order replacement parts, simply call your local Smooth Retailer. To help them assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and order number.

IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

- Begin your training program slowly with realistic goals that have been set by you and your doctor.

- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.

- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.
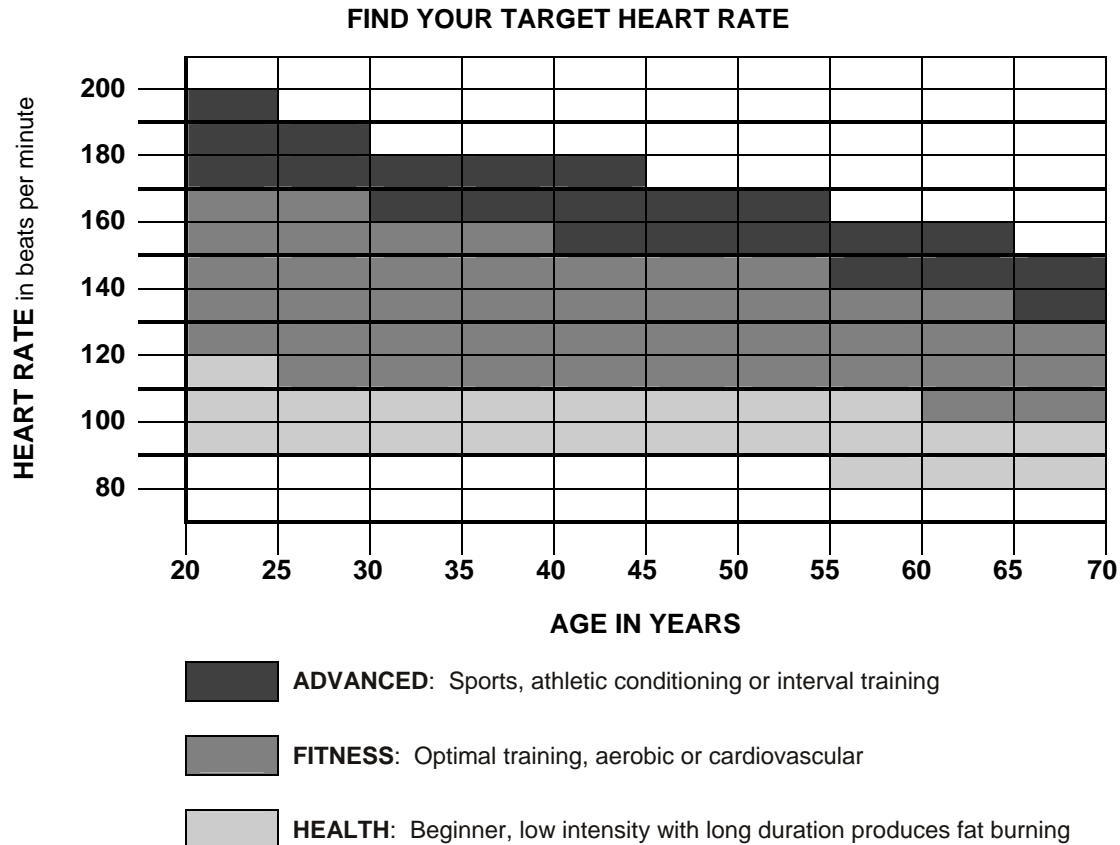
The Surgeon General has determined that lack of physical activity is detrimental to your health.™

TARGET HEART RATE

Finding your pulse:

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.

FIND YOUR TARGET HEART RATE

HEART RATE in beats per minute

| 200 | 180 | 160 | 140 | 120 | 100 | 80 |

AGE IN YEARS: 20 25 30 35 40 45 50 55 60 65 70

ADVANCED: Sports, athletic conditioning or interval training

FITNESS: Optimal training, aerobic or cardiovascular

HEALTH: Beginner, low intensity with long duration produces fat burning

Aerobic exercise:

Is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop the upper and lower body muscle groups. These muscle groups are shown in gray color on the chart below.
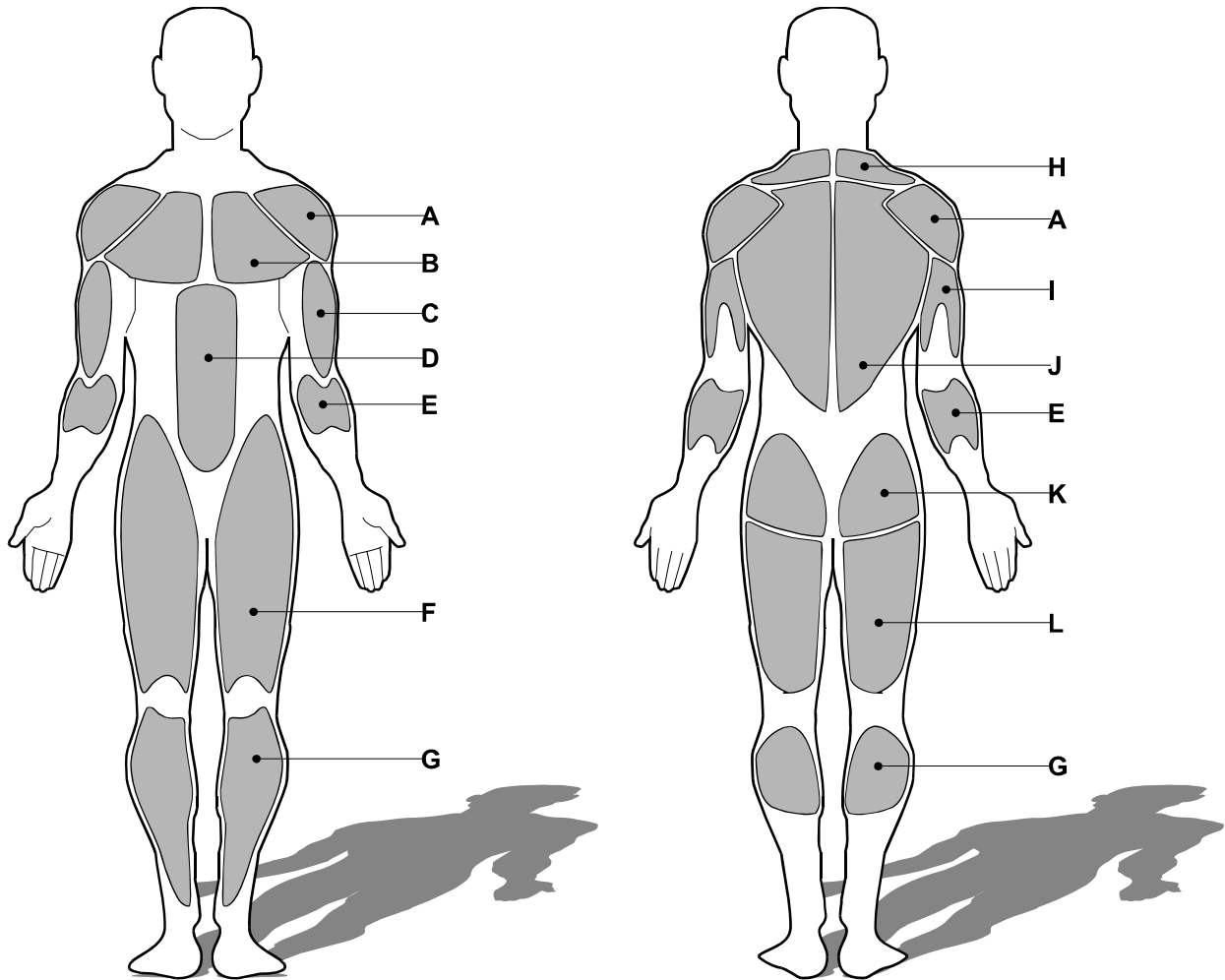
|			
Shoulder muscles	A	B	**Pectoral muscles**
Bicep muscle	C	D	**Abdominal muscles**
Forearm muscles	E	F	**Quadricep muscles**
Calf muscles	G	H	**Trapezius muscles**
Tricep muscles	I	J	**Back muscles**
Gluteal muscles	K	L	**Hamstring muscles**

STRETCHING ROUTINE

Warm up and cool down:

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.
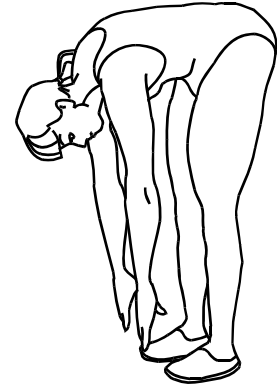
Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

STRETCHING ROUTINE

Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.
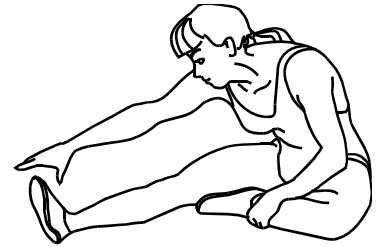
Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.

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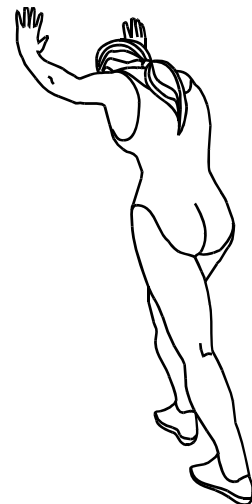
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